This is the washer that fits inside of a stationary washtub, such as may be

found in any apartment. And it fits quite as easily into an ordinary round tub, re

quiring no extra space either in use or when stored away. The electric type, with

its little motor and electrically driven wringer, is shown here, but there is a hand

machine of the same kind that is much less expensive.



The Tribune Institute experts have tested all articles described on this page and know them to equal the claims of the manufacturers. The only unknown element is

that of time, for it is obviously impossible to give any article the same wear and tear it would receive during weeks and months of actual usage. The material and construction of each utensil are considered, and it is believed that all described here will give service that is fully satisfactory, although the actual length of wear cannot be guaranteed definitely. Should any of our readers find that an article has broken down under ordinary conditions before it has given reasonable service the facts should be reported fully to this Institute. Both the manufacturers and this Institute endeavor to present to our readers only those articles that have real merit and are of proper construction so s to give satisfactory service.

prices Are Subject to Change Without Notice

No. O. C. Family Grist Mill Made by Wilson Brothers, 33-47 Delaware St., Easton, Penn.

THIS year every person who has any patriotism, or even common sense, realizes that not a pound of grain should be wasted, nor should it be deprived of any of the essential elements of nutrition. Also, in view of the steadily mounting prices of foodstuffs, every effort should be made to obtain the maximum nourishment at the minimum cost. Grain, above all other food products, must be divided with our allies. That is why we must prepare ourselves from now on to guard and treasure it as if it were gold dust.

One of the best ways to do this is to own a hand mill and grind each day sufficient whole wheat flour, cornmeal or graham meal for the day's needs.

A few weeks ago we printed in the Tribune Institute pages the actual experience of a group of workmen in a manufacturing town in Pennsylvania. The owner of the factory beleved in cooperating with his workmen to meet and overcome the high cost of living. One of his methods was to introduce the hand mill by which wheat, corn and the like could be bought in the grain or berry and ground as needed. The experiment succeeded admirably, and the story aroused so much interest that we have had numerous inquiries regarding hand mills

for home use. The first of these to be tested in the Tribune Institute is the No. O. C. Family Grist Mill. It is designed to be permanently bolted to a bench. shelf or table, which affords it a firm foundation and steadies it against the pull of the wheel. The adjustable grinding surfaces, which are encased, are mounted upon a steel east attached to a twenty-inch hand wheel.

Twopper is above the shaft. The grinding surfaces are adjusted without escalty to give various degrees of fineness. Naturally, holted white flour cannot be proand from a hand mill, but it will grind cornral, graham or whole wheat flour and rice. Alter the adjustment a little and it will give ya freshly cracked wheat or corn. The grindiz plates, when worn out, can be replaced at small expense. Price, \$5.

"Granger" Fruit and Vegetable Evaporator

Made by the Eastern Manufacturing Co., 259 South Fourth St., Philadelphia.

A turn of the wheel in our national affairs has again brought to the front one of the best known household arts of our grandmothersone upon which life itself depended in the pioter days of this country, and upon which life itself may again depend if the war shortage of food is as serious as the great food experts think it is.

This is not a time to go along in our optimistic, happy-go-lucky American fashion, doing as we please, taking no special thought for the morrow and trusting that the kind and indulgent Providence which so far has watched over to will pull us through somehow.

We are up against a most uncompromising state of affairs. There is just so much food

It Has Been My Experience

Mass Suppositions Are All Contributed by Readers of The Iribane Institute from Actual Housekeeping Experi-Mess We pay \$1.00 for Each One Printed. If Con-Mibuters Wish to House Rejected Items Returned, Stange Must Be Enclosed.

USE FOR SHIRT BOARDS

The pasteboards that come in the shirts from Relaundry I use on my kitchen window sills, in to drip pan of the gas range, on table and tubs but hot kettles on, etc. It takes but a moment b change to a clean one, and it saves much dis-Afterable work, especially for the range. Mrs. H. M. S., New York, City.

SALAD OF YOUNG ONIONS

A delicious and unusual summer salad can be made by boiling scallions until tender, then chilling them and serving three or four in a ring of green Moper or lettuce with French dressing. This is not as expensive as asparagus and is as effective for a company salad. S. S., Philadelphia.

FOR RAIN-SPOTTED KID GLOVES

Very few women seem to know that the rain ects, so ruinous to white kid gloves, can readily he removed at home. Even some professional tasters do not remove them. Take off the glove; told the rain spot tightly over the tip of the farer nail and then move your finger nail carefully across it underneath. You will see each his blemish thus treated disappear as if by magie, N. W. W., New York City.

GOOD IDEA-IF THE SCRAPER IS WASHED

It has been my experience that the metal scraper used with a crumb tray for removing trunbs from the table is most useful for getting Seather little snips of paper from a carpet when one has been cutting out pictures or such work. The little cuttings are usually very hard to get egether. Picking them up by hand is tedious; and the only other way is to use the scraper. A erass edged ruler is almost equally useful,

H. M. P., West Orange, N. J.

TESTED AIDS FOR THE HOUSEHOLD

Tribune

Institute

At your

Service



In the picture this looks like an ordinary curved knife. As a matter of fact, the cutting is done by a tiny square of sharp steel below the knife. The latter has no cutting edge and is used simply to scoop the food out of its shell, leaving both perfect.

available; we need just so much; if we waste it in our customary carefree manner, the supply will fall just so much short of meeting the necessity. It is a matter of such simple mathematics that even the housewife need not get out pencil and paper to comprehend it.

That is why we are calling to mind how grandmother dried her fruits and vegetables and stored them away in great bags for future use. She canned and preserved also, but then, as now, it was necessary to save sugar, and the easiest way to do this was to dry the fruit.

So fruit and vegetables driers and evaporators are jostling each other in the effort to get upon the market and help save the situation. One of the most efficient of these is the Granger Fruit and Vegetable Evaporator. It is of the water-jacket type, large enough to hold all the fruit that the average family will need to dry and so simple that any one can use it over any kind of a stove.

It is merely a rectangular pan of galvanized metal. The top is made of polished tin and the sides and ends project one inch above the top, so that none of the fruit can spill.

In one corner is an opening which admits a funnel through which the water is poured in and also a lead siphon tube for drawing it off. During the drying operation the pan is kept half full of water.

After the right amount of water has been poured into the water chamber, set the evaporator on a coal, wood, gas, electric or oil stovein fact, any source of heat that is sufficient to bring the water to a boil and keep it there

In many cases it is best to put a square of cheesecloth over the metal top of the evaporator before placing upon it the fruit or vegetables to be dried. After they are partially dried, the cloth should be removed so that the food rests directly on the heated surface of

It requires only three hours to dry apples, after they have been peeled, cored and sliced. The same length of time is required to dry corn, shaved from the cob. String beans which have been sliced and cut up require from two to four hours.

Rhubarb, raspberries and sour cherries dry deliciously, but huckleberries, blackberries and strawberries are not so satisfactory because of their high water content and the length of time required to evaporate them to the point where they will keep. The best way to determine when fruit is sufficiently dry is to pick up a shred and roll it between the finger and thumb. A little experience will show just how it should feel. If each lot is removed as soon as done and another supply put on, the evaporator will account for a very considerable quantity of fruit or vegetables during the day.

This evaporator is made in two sizes; 18 by 26 inches, giving three square feet of drying surface, and 24 by 36 inches, giving six square feet of drying surface.

The order of the day is for

American housewives to economize

grain as much as possible. The

best way to do this is to have a

hand mill in which corn, rye, whole

wheat, etc., may be ground freshly

for use. ,In this way none of the

food value of the grain is lost and

the cost of bread is much less.

Prices, small size, \$6; large size, \$12.

Modern Home Washer Made by the Home Devices Corporation, 33 Thirty-fifth St., Brooklyn, N. Y.

Washing machines are not popular in apartments-partly because they are so expensive; partly because the kitchen is so small that there is no room for both washerwoman and washing machine, in addition to its regular furniture, and partly because there is no place to put the washing machine when it is off duty.

The Modern Home Washer is designed to answer each and every one of these objections. The hand machine is so inexpensive that it comes within the reach of the most moderate means. Both hand and power machines work

This quantity will serve four or five

RICE CONDE This is an excellent dessert and is very economical, especially if one has homemade canned fruit on hand. It is

homemade canned fruit on hand. It is also very good with stewed, fresh or dried fruit. Wash half a cupful of rice

BRUNSWICK MUFFINS

persons generously.

AT YOUR SERVICE

If you are planning a new kitchen, or new equipment for the kitchen you have, write to The Tribune Institute about it. A large part of the work of our experts is helping our friends in just such ways as this. There is no charge for consultation or suggestion and no obligation is incurred.

We send out hundreds of letters in answer to inquiries as to the best kind of equipment for this purpose or that, but not all our readers understand as yet that they are free to come to the office for advice regarding all manner of household problems; that we will not only advise them about the utensils they need, but also help them in the whole planning and arrangement of the kitchers

inside the regular stationary tubs and are stored there when not in use. It is not even necessary to have the stationary tubs, because the washer will fit quite as well in any ordinary round tub and can be stored in it quite as casily.

The machine is of the reversible revolving cylinder type, and the work of installing it in either the square stationary tub or the round portable one is but a trifle. The perforated galvanized cylinder is suspended between the sides of the tub and opens at the top so that clothes can be placed inside while the cylinder is half submerged in the hot soapy water.

In the case of the electric model, the motorwhich can be operated from any lamp socketis mounted at one end. This revolves the cylinder and by means of a connecting rod will drive the wringer on the opposite side. Nor is this all it can do. For by means of a projecting shaft any other small piece of household machinery that can be operated by motor may be run at the same time.

The wringer that belongs with the machine is excellently made. It has steel ball bearings, and is provided with a simple, easily operated and very effective safety release for the rolls. It wrings in or out as desired, and is always under control.

The hand machine is provided with a crank in place of the motor and a hand type wringer may be purchased to go with it.

Both machines are comparatively silent in operation and both produce excellent results. The motor has the gearing inclosed, is durably constructed and the cost of operation at 10 cents a kilowatt hour is 11/2 to 2 cents per hour. The hand machine is so constructed that it is

very easy to operate.

Aside from the saving in space and the convenience of these machines, one strong point in their favor is that they do away with any necessity for lifting and carrying water to fill and empty the machine.

Prices, electric machine, complete with wringer, \$75; hand machine, \$10; wringer, \$6.50 extra.

Starr Orange Derinder Made by the Johnson-Starr Co., Springfield, Ohio

This is a simple little contrivance, but most useful to the housewife who wishes to serve oranges or grapefruit in a way that is decora-

tive as well as eatable. It is merely a small nickel-plated steel tool, six and half inches long. All the edges are rounded and non-cutting and one end is curved over somewhat like a spoon. At the base of this spoon is a square-sided opening, into which fits a small router or cutter that is locked into

In cutting the fruit, a strip is first taken out In cutting the fruit, a strip is first taken out by this square cutter, which is exceedingly sharp and can be set deep enough to penetrate the thickness of any rind. From the edges of this strip the spoon-shaped end of the de-rinder can easily be slipped in and run around the fruit, separating it from the rind, so that a twist brings the latter off in two halves, each whole and perfect, ready to be used as cups for serving the fruit or to be cut into fancy for serving the fruit or to be cut into fancy

shapes for candying.

The wedge which holds the cutter in place is separated from the steel blade, so that the latter can be adjusted to any thickness of rind. Price, 25 cents.

(Other articles which have been tested and endorsed by The Institute are shown in The Tribune Graphic.)

Fruit Juices for Jelly

RUIT juices for use later in jelly making can be sterilized and bottled without sugar and made into jellies at the housewife's convenience. This enables her to do with fewer jelly glasses and to distribute her purchases of sugar for jelly making through the year. Moreover, with the bottled juice she can make a greater variety of jellies, as juices which will not "jell" can be put up when the fruit is ripe and combined later with fruits that will jell, or fruits ripening at different seasons can be combined. For example, the juice of strawberries, cherries or pincapple can be kept without sugar and later, when apples are plentiful, can be made into combination

From the unsugared sterilized juices of currants, apples, crabapples and grapes, kept from nine to eighteen months, the Bureau of Chemistry, United States Department of Agriculture, recently made jellies of excellent texture, flavor and color.

jelly.

To put up unsugared fruit juices for jelly making, proceed exactly as if jelly were to be made at the time. Cook the fruits until they are soft and strain out the juice through a flannel bag. Heat and pour while hot into bottles previously scalded. Fill the bottles full, leaving no air space between juice and cork or seal. Place the filled sealed bottles on their sides in water near the boiling point, and keep them in the bath for about thirty minutes. Make sure that the corked or sealed end is under the hot water. As soon as the bottles are cool, cover the cork with a paraffin seal. Thorough sterilization and sealing are abso-

lutely essential to success. To make jelly from the sterilized juice, test its jelling quality, add the proper amount of sugar, and proceed as in making jelly from freshly expressed juice.

of tomatoes and simmer until the to-matoes are tender and the liquor quite thick. Serve on a hot platter, sur-tard is set and serve in the baking dish. thick. Serve on a hot platter, sur-EGGLESS CORN MUFFINS Mix together one cupful of corn meal, half a cupful of sifted pastry flour, one-quarter of a cupful of sugar, one teaspoonful of salt and two teaspoonsful of baking powder; then gradually beat in one cupful of cold, sweet milk and two tablespoonsful of melted butter. Beat the hatter hard, two into greated

Beat the batter hard, turn into greased muffin pans and bake for thirty minutes in a moderately hot oven. This recipe makes ten muffins. CARROT AND PEANUT SALAD

dried fruit. Wash half a cupful of rice and cook for one hour in two cupsful of milk, using a double boiler. When the rice is tender add a pinch of salt, two tablespoonsful of sugar and one well beaten egg, mixed with a tablespoonful of cold milk. Cook only for a couple of minutes after the egg is added. Remove from the fire, flavor with vanilla extract and heap in a flat mound. Lay over the top any drained cooked fruit and serve the fruit syrungs a sauce, first boiling it down with Wash and scrape very young tender carrots and cut into tiny dice. Add half the quantity each of chopped peanuts and shredded lettuce. Season lightly and shredded lettuce. Season lightly with salt and paprika; moisten with a boiled dressing and serve in individual portions in nests of crisp lettuce leaves. Sprinkle over the top of each portion a little grated hard boiled egg yolk. as a sauce, first boiling it down with a little extra sugar. This dessert may be served hot or cold. If canned pears are used, the rice should be flavored with a little grated lemon peel when it is first put on to cook. BAKED BREAD AND CHEESE

Melt two tablespoonsful of butterine and when hot add two cupsful of soft bread crumbs. Toss them about in the shortening over a moderate heat until the butter is absorbed, but do not brown. Place a layer of the crumbs in the bottom of a buttered baking dish iglass preferred), cover with two small cupsful of shaved cheese and over the top arrange the rest of the crumbs. BRUNSWICK MUFFINS
Scald three cupsful of milk and pour
over half a cupful of cornmeal. Cool,
add half a cupful of pastry flour, half
a cupful of cooked rice, two tablespoonsful of sugar, half a teaspoonful
of salt, one egg, one tablespoonful of
melted butterine and three teaspoonsful
of baking powder. It is perhaps best to
mix the baking powder with the flour.
Beat the batter hard, turn into greased
muffin pans and bake for twenty minutes in a moderately hot oven. This
quantity of ingredients gives eight or
ten muffins.

Thursday

BREAKFAST Raspherries Fried Hominy with Bacon Brown Bread Coffee LUNCHEON

Carrot and Peanut Salad Pimento Rye Sandwiches Rice Conde DINNER

Cream of Tomato Soup Sliced Lamb Baked Potatoes Spinach Deep Blueberry Pie

Soak one and a half cup ful of soft bread crumbs in one and a half cupsful of milk. Add one cupful or aixed cooked bean and pea pulp (dried beans and either canned or dried peas), one well beaten egg, one teaspoonful of salt, two tablespoonsful of melted bacon fat, half a teaspoonful of onion juice and consumer of a teaspoonful of nd one-quarter of a teaspoonful pakrika. Mix the ingredients thoroughly, pack into a greased loaf tin and bake about forty minutes. Serve unmoulded with any preferred sauce.

BEAN AND PEA LOAF

Sunday BREAKFAST

Contaioupe
Coddled Eggs Corn Muffins
Coffee

LUNCHEON OR SUPPER Salmon Moulds Peas Thin Brown Bread and Butter Fruit Tapioca DINNER

Chicken Fricasace Riced Potatoes String Beans Beet Salad Gooseberry Tarts

FOOD PRICES IN WARTIME the seeds have been removed, in two tablespoonsful of hot bacon drippings. Season to taste with salt and pour in one cupful of brown sauce or gravy. Stir until the mixture boils, add slices of tomatoes and simmer until the tomatoes are tender and the lignor cuits. Mix together one and a half cupsful of milk, one egg, one teaspoonful of salt, half a teaspoonful of dry mustard and a saltspoonful of paprika. Pour this over the bread and cheese and adjust the cover of the dish, if glass is used. In this issue we have the war total expenditure approximating \$12

must be kept to a minimum the are served.

panned rice cakes and similar dishes, are delicious if carefully prepared, but in the hands of an inexperienced or careless maid they will probably be voted a complete failure and the materials of which they are composed will be wasted.

This does not mean that they are so difficult to prepare that only a skilled chef can cope with them, but it does mean that the recipes must be carefully followed down to the last detail, that the dishes must be carefully watched while cooking and that they should be served as attractively as possible.

cooked carrots cut into tiny dice, seaned with a little paprika, salt and soned with a little paprisa, sait and melted butter, then moistened with half a beaten egg and packed lightly into buttered timbale moulds. Stand these in hot water until ready to un-

raould.

In the escalloped fish for Friday one pound and a quarter of either cod, halibut or haddock may be used. Boil it until tender in seasoned water, cool. flake apart and mix with a cream sauce. Turn into a buttered baking dish, sprinkle with buttered crumbs and cook in a hot oven until brown and the sauce bubbles through the in a het oven until brown and the sauce bubbles through the crumbs. This gives an excellent dinner at very

amali coat.

Only one joint of meat is used during the week, the braised yearing lamb. For this the shoulder is recommended, and there will probably be sufficient left over to serve for the following night's dinner, preceded by a cream of tomato soup. One four-pound fowl will be needed for the chicken fricassee on Sunday, and if economy must be very closely considered and must be very closely considered and the family is large, the meat of the chicken may be "extended" by a gen-

Friday

BREAKFAST Stewed Rhubarh Baked Stuffed Tomatoes (Using up last of lamb) Brunswick Muffins Coffe Coffee Rice and corn meal) LUNCHEON

Poached Egg with Parsley Sauce Romaine Salad Jellied Prunes DINNER

Planked Bluefish with Potato Border Sliced Cucumber French Toast Mock Maple Syrup

By VIRGINIA CARTER LEE erous amount of gravy and a few light dumplings. Also, if desired, the potatoes can be omitted if the dumplings

must be kept to a minimum the housewife must realize that if inexpensive dishes are provided they must be so well cooked that they are appetizing and tempting.

Meat substitutes, like baked bread and cheese, dried pea and bean loaf.

The following prices for the entire sample size gakes and similar dishes.

week's marketing are based York City prices approximately: Butchers' bill\$2.62

Fish bill
Milk and cream
Eggs (eighteen)
Butter (two pounds)
Groceries, including fruits and vegetables

It may be interesting to some house-wives to know that very good milk can while cooking and that they should be served as attractively as possible.

In the dried bean and pea loaf planned for Saturday (the meatless day of the week) a most attractive service is to unmold the loaf, which is a delicate green color, pour over it a cream sauce and surround with tiny carrot timbales. The latter are made from the beef served a cut into tiny dice. Seasuet, bacon fats, etc.

Tested Recipes

Shirred Eggs Eggless Corn Muffins Coffee LUNCHEON Sliced Beef Loaf (From last night's dinner) Lettuce French Dressing Iced Tea Ginger Cookies

DINNER Escalloped Fish Potato Balls Pear Grape Juice Sherbet Peas

Panned Rice Cakes
Brown Bread Toast Lettuce
Raspberry Whole Wheat Shortcake

a week for a family of four. These menus are cut down to the simplest meals that can furnish sufficient nourishment and variety to form a proper-ly balanced ration. In every case where it is not otherwise specified, rye, graham, oat-meal and corn bread are un-derstood, as it is, above all things, necessary this year to conserve our supply of wheat

Monday

by using as little white bread

as possible.

BREAKFAST Uncooked Cereal with Blackberries
Creole Tomatoes
Buttered Brown Bread Toast Coffee

LUNCHEON Cream of Corn Soup. Croutons Radishes

Blueberry Cup Cakes Liquid Sauce DINNER Beef Loaf String Beans Young Onion Salad Bianc Mange with Raspberry Sauce

Wednesday

BREAKFAST Moulded Cereal with Prune Pulp Potato and Bacon Hash Graham Gems Coffee

Saked Bread and Cheese Thin Brown Bread and Butter Rhubarb Conserve DINNER Braised Lamb Brown Gravy
Stuffed Tomatoes
Lettuce Salad
Caramel Junket

> Saturday BREAKFAST Green Gages Uncooked Cereal LUNCHEON

DINNER Dried Pea and Bean Loaf, Cream Sauce Carrot Timbales Watercress Coffee Jelly